

**Leaders**

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pants meet with individuals in key positions throughout the Greater Wilkes-Barre area to learn about the positive changes that are happening here."

There are six weekly day-long sessions held at various locations such as college campuses, the Luzerne County Courthouse, the Kirby Center and more. Each session includes presentations by community leaders and time for discussion and questions.

MacDowell and Rothenberger are relatively new to the area, which gives them a unique perspective on performing their duties as leader and facilitator of the group. They each possess a clean slate from which to build and enhance the 20-year program of learning and discovery.

MacDowell arrived in the area about five years ago when her husband, Dr. Michael MacDowell, assumed the presidency of College Misericordia. She is a Colorado native who taught grade school for 28 years. She is leaving the leadership program to teach cultural geography and social studies methods at College Misericordia. She is a graduate of Trinity University in San Antonio, and has her master's degree from the University of Colorado at Boulder. Community involvement has always been a part of her life.

Since arriving in this area, she has been involved in Celebrity Luncheons, Friends and New Neighbors, the Dallas

visioning sessions, Back Mountain Historical Association, the committee for the fall harvest fair in Dallas Borough, the women's interest committee at the Westmoreland Club, and tutors math at Wycallis Elementary School.

Rothenberger moved to Wyoming Valley with her late husband, Kent, who was a manufacturing engineer with Valley Manufacturing in Wilkes-Barre.

"Kent and I went through the program in September 2002, a year after we moved here," said Rothenberger. "It was a great way for us to get acquainted with the area and to meet people. It's also a great way for retirees who have previously lived here to get reacquainted with their hometown. I'm looking forward to helping our older citizens learn how the local government works, explore the services that are available, meet new friends, envision the future, and take advantage of opportunities to contribute from their vast experiences."

Rothenberger was born in Reading, is a graduate of Millersville State University

and taught in Berks County schools for 10 years. She has been in the health care field for the past 18 years. She is the mother of two daughters, Amy and Sara. She enjoys contributing her spare time to the Friends of the Back Mountain Library, the Penn State Club of Wyoming Valley, and to her church where she is an elder and sings in the choir.

"It's difficult to leave such an excellent program," said MacDowell, "but I know Pam will do a wonderful job, and it will grow under her leadership. A door has closed, but a window has opened for both of us."

Leadership Wilkes-Barre's mission is to develop informed and committed leaders from all segments of the community who will serve, strengthen and improve Northeastern Pennsylvania. Tuition for the six-week program is \$250 per individual which covers all meals, materials and program expenses. Scholarships are available. The next session begins on September 3. Deadline for registration is August 18. Interested persons may call Leadership Wilkes-Barre at 823-2101, Ext. 135 for more information.



POST PHOTO/SANDY PEOPLES

Dallas residents Pamela Rothenberger, left, new program director of Masters Leadership Wilkes-Barre and Tina MacDowell, past program director, share a moment after the luncheon in their honor.

**Survey**

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tions with more for the afternoon anticipated.

Smith said the surveys are the first phase of a new three-part sewer correction plan.

He said the surveys will aid the authority in locating sources of surface water entering the sanitary system and contributing to overflows.

"So far I'm pleased with the cooperation," said Boice.

"It's the people that aren't sending in the surveys that need to be checked up on."

After receiving completed surveys, Boice said he calls residents to set inspection appointments that consist of looking in basements and outside homes for improper hook-ups.

He said most residents have been gracious about opening their homes for inspection. He added people are often so friendly that inspections that should take 10 minutes can wind up lasting nearly an hour.

"I've not only been in their basements — they'll take you through their whole house whether you need to see it or not," he said.

Smith said the second part of the plan will be to evaluate system capacity, piping and existing pumps.

The last phase will be to get the borough's ordinances and the authority's regulations regarding sump pumps in agreement with each other. Smith said the action will give the municipality power of enforcement if needed.



**2004 Library Auction Committee**

The committee planning the 57th annual Back Mountain Memorial Library Auction met recently at the library. The auction takes place Thursday, July 10 through Sunday, July 13 on the library grounds. Booths open at 4 p.m. each day, and the auction begins at 6 p.m. For more information, call 675-1182.

From left, seated: Karen Boback, Neil Allan, Paul Sabol (chairman), Paul Nicholson (co-chairman), Pauline Kutz. Second row: Ernest Ashbridge Jr., Sybil Pelton, Barbara Kohler, Kim Stager, Bonnie Breakfield, Bennie Matchett, Lou Ellen Zekas, Lucy Messersmith, Joyce Gebhardt, Martha Butler (library director). Third row: Karen Shuster, Joe Dwinchick, Fred Krohle, Ron Moran, John Gager, Dave Spurlin, Buzz Boback.

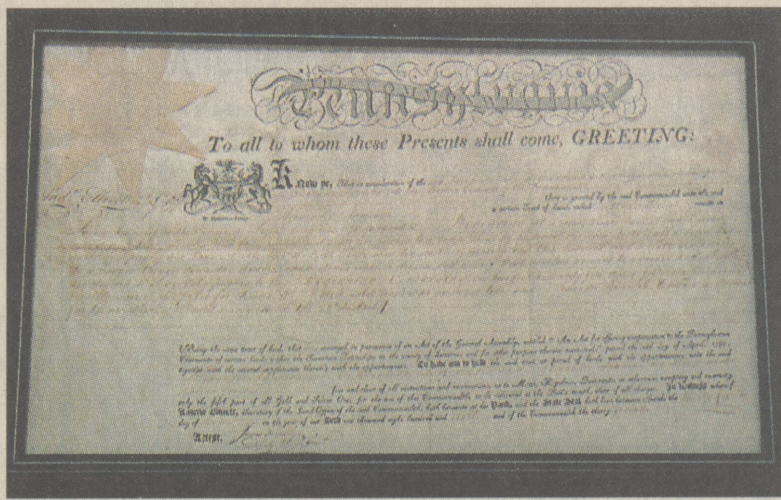
**1808 land grant to be sold over auction block**

This year the Back Mountain Memorial Library Auction has a special piece of history to offer to interested bidders. Charles Shafer of Trucksville has donated an original land grant for the property that the PP&L Power Plant occupies in Salem Township, Berwick.

"Alexander Jamison purchased the 376 acres from the Commonwealth of Pennsylvania on May 24, 1808," said Martha Butler, librarian at the Back Mountain Library. "They called the land Alexandria and the Rickard family built their summer home there."

The land grant is a piece of local history. "It is an old piece, framed and very well preserved," said Butler. "Anyone who collects historical pieces like that should be very interested in it."

The framed land grant will be available to the highest bidder on Saturday, July 12, between 8:30 and 9 p.m. "It is just such a unique, historical item and Mr. Shafer donated it with the hope that the library could benefit from it," said Butler.



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**The Back Mountain Memorial Library needs you!**



Dear Back Mountain Residents,

Now, more than ever, our public library needs us. With the latest in Pennsylvania's state budget cuts, the Back Mountain Memorial Library will lose approximately \$50,000 in state aid. We will also lose district funding and services.

In the Back Mountain we depend on our annual library auction to help subsidize operational costs. With state budget cuts, we need your support like never before!

Do you have an item that you would like to donate to the cause? Glassware, pictures and frames, wooden furniture, collectibles, and antiques are always a hit on the block and in our booths. Won't you consider a contribution?

Items will be accepted through July 10. Call the library (675-1182) or me (639-2265) for pick-up or drop-off details. Thank you for caring!

Sincerely,  
*Dr. Karen Boback*  
President, Board of Directors  
Back Mountain Memorial Library

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Showtimes effective Friday 7/4/03

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by Dr. David J. Madeira



**Use It Or Lose It**

You only get one body, and if you don't take care of it, it won't take care of you. Everyone knows they should exercise, but only about 35% of us do any regular exercise. A recent study gives you one more reason to exercise.

"The study found that exercise, particularly when combined with weight loss, may reduce mental stress-induced blood pressure and obviate the need for antihypertensive medication."

The authors suggest that "exercise and weight loss are effective non-pharmacological treatments for elevated BP," producing results "similar to [those] achieved with antihypertensive therapy."

Most exercise programs fail because they are too ambitious. People join a gym, buy an expensive piece of equipment or video, and then can't find time to exercise.

I recommend my patient's start by doing 5 minutes a day on their stairs listening to their favorite song on their walkman. After a week, increase exercise time by 1 minute a week up to 20 minutes. Many people find this is just what the need to get them started.

If you have a great way to get started exercising, call me and maybe I'll include it in a future column.

Source: Georgiades A, Sherwood A, Gullette ECD et al. Effects of exercise and weight loss on mental stress-induced cardiovascular responses in individuals with high blood pressure. Hypertension. 2000;36:171-176.



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Saturday, July 12 - 11:00 to noon  
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Free! Fun for all ages!  
Bring the children, your friends, all your relatives!

Wednesday, July 16 - 7:00 pm  
**A CIVIL WAR EVENING**  
With Ed McMullen of the Everhart Museum  
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Thursday, July 17 - 7:30 pm  
**A Gathering of Singer-Songwriters**  
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